



Nutritional Medicine

The 375th Nutritional Medicine Flight is dedicated to providing you with up-to-date nutrition information and sound nutrition advice to help you lead a happier and healthier lifestyle.

Nutrition appointments are available to all active duty, dependents, and retirees enrolled at the 375th MDG. A consult from your provider is required to schedule an appointment or enroll in any of our classes. All appointments for our clinic are booked by our staff, do not call the TRICARE appointment line to schedule a nutrition appointment.

Clinic Information

Clinic Hours are Monday - Friday, 7:00 am - 4:00 pm
For appointments call 256-7672

Classes

Healthy Heart

Do you worry about cholesterol and triglyceride levels? Do you know what your acceptable levels are? Are you at risk for stroke or heart attack? Not sure....well how many risk factors do you have? \

In this class we will breakdown the medical mumbo jumbo and discuss in basic terms what your lab results really mean and what you can do to get on (and stay on) the right track to a healthy heart and a long healthy life!

Diabetes and Nutrition

This two-hour class covers the basics of nutrition and diabetes, including basic carbohydrate counting, and discusses nutrition misconceptions and identifies the impact of foods on blood sugar.

Restaurant meals, fast foods, ethnic foods, and holiday gatherings all present special challenges to people with diabetes. You will learn how to use carbohydrate counting to make healthy and balanced food choices, while maintaining diabetes control.

Guidelines for alcohol, sugar substitute use, and effect of exercise on blood glucose are also discussed in this class. Diabetic food plans should reflect your health needs and how you like to eat. Contrary to popular belief, there are no strict diabetic diets. You can enjoy all the foods you like and still take care of your diabetes.

Work with the diabetes educator dietitian to create a food plan that fits your lifestyle. You can schedule a follow up appointment after attending the class. She will develop your plan based on your:

Send any questions/concerns regarding the web at 375mdss.webmaster@scott.af.mil

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- Age
- Gender
- Weight Goals
- Eating Preferences
- Daily Schedule
- Diabetes Medications

Who should attend: Adults and their family members who want to increase their knowledge about carbohydrate counting and their skill in applying it daily.

Diabetes Education

Whether you have just recently been diagnosed or have lived with diabetes for many years, education is essential to maintaining good health. The more you know about diabetes the more effective you will be in controlling it.

This is an introduction to diabetes and pre-diabetes class. In this 6-hour group interactive program we will discuss basic self-care skills, personal barriers to self-management, and the educators will provide an assessment of what you need to know about diabetes and self management to reduce the risk of complication.

Topics are presented by our Health and Wellness Center (HAWC) exercise physiologist, a pharmacist, dietitian and nurse diabetes educators, physician assistant, dental hygienist, and optometry flight chief.

Who should attend: Adults newly or previously diagnosed with Type 2 diabetes or pre-diabetes who have received little or no diabetes education.

Healthy Eating for Weight Loss (The Sensible Weigh)

The goal of this program is to help you shed unwanted weight, body fat, and maximize fitness. The focus is on making sensible permanent lifestyle changes.

There are many methods which can be used to produce weight loss, but during this program we will focus on methods that will yield long term results. We will target nutrition, exercise, and development of support systems to help build and maintain positive lifestyle changes.

Weekly classes will last 60-90 minutes and will require approximately one hour per day of self monitoring, planning, and exercise time. This should be viewed as an investment in a happier, healthier, more energetic you!

This class is taught at the Health and Wellness Center (HAWC) and you do not need a referral from your provider to attend.

The LEARN Class

Different people benefit from different approaches to weight management. Some love a structured diet and others hate the lack of choice. Some enjoy being physically active and others get tired just thinking about exercise. Some like support from others and others are more private. The key is finding the best approach for you.

Your chances of finding the best approach increases if you are flexible. Being flexible means having choices and tailoring your approach to fit your life. Using The LEARN Program will help you maximize your flexibility. The principles of LEARN can help you make long term changes, no matter what type of nutrition and exercise plan you use,

The LEARN class is 10-12 sessions long. Each lesson has a self assessment and a section for setting personal goals for the week. The self assessment is for you to decide whether you have learned the important information in each lesson. This will highlight the key points in each lesson and alert you to areas that may need more work.

As you go through The LEARN Program you will become a student of your habits and learn when, how, and why your habits occur and how to change them.. You will practice your new techniques so they will become part of your lifestyle. This is what separates the approach of this program from other programs--
the focus is on permanent results!

Individual Appointments

45 minute individual appointments are available for all other nutrition needs not covered by classes by provider consult only.